EXCEPTIONAL STANDARDS OF CARE
AND ALL INCLUSIVE LUXURY LIVING

INTRODUCTION

Message From Our Team

Welcome to our latest quarterly newsletter from Ty Llandaff Care Home.

We've had another busy and enjoyable few months, with residents taking part in a wide variety of activities, celebrations and events. From our Autumn Harvest Festival fundraiser and National Chef's Day celebrations to exercise sessions, creative afternoons and an imaginative hot air balloon adventure, there has been plenty happening around the home.

It has also been lovely to see residents enjoying some of the smaller pleasures of everyday life, whether that's a relaxing salon session, a delicious ice cream sundae or spending time together at Art Club.

Our Harvest Festival was a particular highlight, bringing residents, families, friends and members of our local community together to raise funds for The Care Workers' Charity.

A big thank you to our staff, families, friends and everyone who continues to support our activities and events. We hope you enjoy catching up on some of our recent news.

If you know someone who would like to receive our email newsletters/updates, just let us know, or forward them the newsletter sign up link below:

Sign Up Link

Best wishes,

Ty Llandaff Care Home Team

ACTIVITIES & EVENTS

International Chef's Day

What better way to celebrate International Chef's Day than by making something delicious?

Our residents enjoyed a hands-on Cooking Club session in the dining room, learning how to prepare their very own fresh bruschetta.

We began with a special visit from our Head Chef, James, who shared some interesting stories about his career and answered residents' questions about cooking. It was a great opportunity to learn a little more about his experiences and the skills involved in preparing the meals we enjoy at Ty Llandaff.

Following James's talk, our Activities Team guided residents through making their own bruschetta, using a selection of fresh ingredients and following the recipe step by step.

The activity was a lovely sensory experience, with plenty of different colours, textures, aromas and flavours to explore. Residents enjoyed handling the ingredients, preparing their toppings and putting their own creations together.

Of course, the best part was sitting down to taste everything afterwards! The bruschetta proved so popular that we even had some left over to share with fellow residents and staff.

A big thank you to James for taking the time to share his knowledge and helping us celebrate National Chef's Day in such an enjoyable way.

Autumn Harvest Festival Fundraiser

Our Autumn Harvest Festival was a fantastic occasion, bringing residents, families, friends, neighbours, staff and members of our wider community together to raise funds for The Care Workers' Charity.

There was plenty happening throughout the day, with raffles, a Bring & Buy sale, face painting, games and lots of delicious food to enjoy.

Our Harvest Café was particularly popular, serving warm waffles topped with autumn fruits, caramel sauce and cream. There were also freshly baked treats, caramelised nuts, cider punch and a coffee bar offering something for everyone.

It was lovely to see so many people coming along, browsing the stalls, enjoying the refreshments and spending time together. Events like these are an important part of life at Ty Llandaff, helping us maintain strong connections with our families, friends and local community.

We would like to thank everyone who donated prizes, baked, volunteered, helped with the preparations or supported the fundraiser by coming along on the day.

Your kindness and generosity helped make our Harvest Festival such a success, while supporting a charity that provides valuable assistance to people working in the care sector.

A Little Time for TLC

Our regular salon sessions continue to be a popular part of life at Ty Llandaff, giving residents the opportunity to enjoy a little pampering and relaxation.

From manicures and gentle hand massages to calming aromatherapy, there are different treatments for residents to choose from depending on their preferences.

With classical music playing and soft lighting creating a relaxing atmosphere, our salon offers a peaceful space to sit back and enjoy some time for yourself.

For some residents, it's the chance to have their nails done or enjoy a hand massage, while others simply appreciate the opportunity to relax and have a chat.

These sessions are a lovely way to support residents' personal wellbeing while making time for a little extra care and attention.

Keeping Active and Having Fun

Our residents have been enjoying a fantastic variety of exercise sessions, with plenty of opportunities to keep moving, try different activities and have fun together.

We are very fortunate to have visiting exercise professionals who bring their enthusiasm and expertise to Ty Llandaff each week, helping residents stay active in ways that suit their individual abilities.

A special thank you goes to Justine, who joins us every Monday for her popular exercise sessions. Residents look forward to seeing her each week, and she always brings plenty of encouragement and energy to our Monday mornings.

On Tuesdays, we welcome Ian from Rise Life Cardiff, Newport & Bridgend, who leads interactive and adapted sports sessions. The activities are designed to be accessible, allowing residents to participate at their own pace while enjoying some friendly competition and teamwork.

Whether residents are joining in with the exercises or cheering on their friends, there is always plenty of encouragement around the room.

These sessions are an important part of our activity programme, helping residents maintain movement, coordination and confidence while enjoying time together.

Thank you to Justine and Ian for their continued support and for making exercise something our residents genuinely look forward to.

Friday Morning Sundaes

Who says ice cream sundaes should be saved for the afternoon?

We decided that Friday morning was the perfect time to open our very own Sundae Bar, giving residents the chance to create their ideal ice cream treat.

There was plenty to choose from, including cherries, wafers, hundreds and thousands and a variety of other toppings.

Some residents took great care arranging their toppings into impressive creations, while others were far too keen to start eating to worry about making everything look perfect!

It was a fun and relaxed activity, with plenty of conversation as everyone compared their combinations and enjoyed their finished sundaes.

A sweet way to start a Friday, and certainly an activity our residents would be happy to repeat!

Art Club – Creativity and Memories

A recent Art Club session gave residents the opportunity to explore still-life drawing, using arrangements of fruit bowls, crockery, flowers and candlesticks as inspiration.

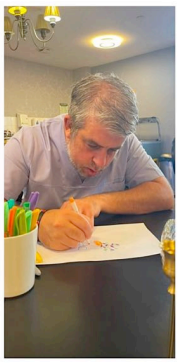
Everyone approached the activity in their own way, choosing what they wanted to draw and adding their own personal touches.

There was plenty of laughter too, particularly when a few residents decided that the fruit looked far more appealing as something to eat rather than something to draw!

The afternoon also prompted some lovely memories. Marcia enjoyed reminiscing about her art lessons at school, sharing stories of her experiences and the things she remembered learning.

There was also a particularly touching moment when June received a drawing made especially for her, complete with a personal message. It was a thoughtful gesture that meant a great deal to her.

Our Art Club sessions are about much more than the finished pictures. They give residents the chance to express themselves, share memories and enjoy being creative in good company.



Up, Up and Away!

We took Armchair Travel to a whole new level recently with an immersive adventure exploring the fascinating world of hot air balloons.

The afternoon began with a rather unusual visitor, as residents were invited to join the activity by none other than Phileas Fogg himself!

Dressed for his famous Around the World in Eighty Days adventure, our very own explorer escorted residents to the session, bringing plenty of laughter before the journey had even begun.

Our activity room had been transformed into a hot air balloon, ready for residents to experience a virtual flight without leaving the comfort of Ty Llandaff.

We explored the history of hot air ballooning, learning about how the balloons work and the engineering involved in getting them off the ground. Residents enjoyed looking through historical photographs, discovering interesting facts and watching footage of spectacular balloon festivals and record-breaking journeys around the world.

The session also encouraged some wonderful reminiscence, with residents sharing their own memories of seeing hot air balloons and, in some cases, experiencing a flight themselves.

It was an imaginative afternoon combining history, learning, conversation and a good dose of humour. Our Armchair Travel adventures continue to show that there are plenty of places to explore without needing to pack a suitcase!

COMING UP

Looking Ahead...

As autumn continues and we move towards the winter months, we have plenty more to look forward to at Ty Llandaff.

Our regular activities will continue alongside exercise sessions with Justine and Ian, Cooking Club, creative afternoons, music and entertainment. We'll also be making the most of the changing seasons, with Halloween and Bonfire Night activities before preparations begin for Christmas.

Our Armchair Travel adventures will continue too, giving residents more opportunities to explore different places, cultures and experiences from the comfort of the home.

We also look forward to welcoming more families, friends and members of our local community to join us for activities and events over the coming months.

Thank you once again to our residents, relatives, friends, staff and everyone who has supported Ty Llandaff throughout the past quarter. We look forward to sharing more of our news with you in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Ty Llandaff Care Home Facebook Page for all our latest photos!

Don't Forget To 'Like' Us!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

Carehome.co.uk & **Google Reviews**

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CARE HOME

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